

Verner
Central

May 3-7
2021

RAINBOW IN MY TUMMY

SPRING & SUMMER

WEEK ONE

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Grain Biscuit *G Apple Butter Oranges Milk	Whole Wheat Cheesy Bread Cucumber and Tomato Salad Mandarin Oranges Milk	Whole Grain Goldfish Crackers *G Pineapple Tidbits Water
TUESDAY	Whole Grain Blueberry Bread Peaches Milk	Dilly Egg Salad on Whole Wheat Bread *G Lettuce Roasted Asparagus Watermelon Milk	Whole Grain Soft Pretzel Honey Mustard Snow Peas Water
WEDNESDAY	Whole Grain Rice Chex Cereal Blueberries Milk	Mediterranean Chicken Brown Rice Spinach Salad with Italian Dressing Mango Milk V: Mediterranean Tofu	Sunbutter Whole Grain Graham Crackers Water Infants: Fruit cup
THURSDAY	Whole Grain Apple Muffin *G Low Fat Cottage Cheese *D Pineapple Tidbits Milk	Sloppy Toms on Whole Wheat Bun *G Edamame Succotash Apple Slices Milk V: Lentil Mushroom Sloppy Sam	Red Pepper Hummus Bean and Veggie Whole Grain Crackers Water
FRIDAY	Whole Wheat Pumpkin Muffin *G Banana Milk V: Boiled Egg	Cuban Black Beans Whole Wheat Tortillas *G Spiced Sweet Potato Fries Tropical Fruit Salad (Pineapple, Papaya) Milk	Scoop It Up Cheese Spread *D Carrot Sticks Whole Wheat Crackers *G Water

All yogurt contains less than 23 grams of sugar per 6 oz.

*G = Gluten Free option

*V = Vegetarian option

*D = Dairy Free option

Fruit and Veggie Color Groups: Red • Yellow/Orange • Blue/Purple • Green • White

Unflavored Milk Served
 1 year olds: Whole
 2-5 year olds: 1%



Verner is an equal
 opportunity provider.